




MY FRIEND, MY SISTER, MY FRIEND, MY SISTER, MY FRIEND, MY SISTER



Student
WORKBOOK



Introduction

This resource My Sister My Friend was adapted from the Sisters in Sync Inc. resource that was created and developed by Dolores Allen. Dolores has a passion for ministry to teenage girls and she credits God for giving her a vision for this ministry. She developed this resource over a period of years as she implemented it in churches and updated the resource as needed. It is her desire that teenage girls should be encouraged to participate in the implementing of this resource so that they can be trained to be leaders of the future. General Conference Women's Ministries thanks our sister Dolores Allen for allowing us to adapt and contextualize the original resource to meet the needs of our teenage girls around the world.

*General Conference
Women's Ministries Department*

My Sister, My Friend was created to help you find your passion and purpose, and to empower you as a young woman. The topics in this workbook include career planning, decision-making, relationships, academic success, health, spirituality, leadership, and more. Alongside your fellow MSMF members, you will explore your natural gifts and talents and strengthen your spiritual life, all the while gaining essential skills to meet the challenges and opportunities of the future.

Module 1

WHO AM I?

GIFTS, TALENTS, AND VALUES

"I will give thanks to You, for I am
fearfully and wonderfully made."

Psalm 139:14a



1.1 – A PICTURE OF ME

Your teacher will help you trace your silhouette on a piece of paper. Decorate your silhouette to create a piece of art that represents you.

For example, using stenciled words in your favorite color, describe your dream job. Or sketch objects to make a snapshot of your personality—like a basketball, a mystery novel, ribbons, and a box of chocolates. Or just fill your silhouette with photos and names of things, places, and people you love.

Be creative and have fun. Let your silhouette show others who you are!

BIBLE VERSE

“Behold what manner of love the Father has bestowed on us, that we should be called children of God!”—1 John 3:1a

1.2 – SPIRITUAL GIFTS TEST

Please wait for instructions from your leader before doing this test.

1. I enjoy using my artistic talents to make things that bring glory to God.
2. It’s easy for me to decide whether a person is being honest or dishonest.
3. I give hope to others by telling them about God’s love, His promises, or the gospel.
4. I befriend non-believers because I desire to win them over for Christ.
5. I remain true to my personal belief in biblical truth even when others make fun of me.
6. I can give sacrificially because I know that God will meet my needs.
7. I truly believe that my prayers for the sick or injured are heard by God and are answered—often by God’s healing touch.
8. When I serve the Lord, I don’t care who gets the credit for my work.
9. My home is always open to whomever God brings to me.



10. I find myself praying as I do my daily tasks.
11. I have had insights of spiritual truth that have helped others become closer to God.
12. Others are willing to follow my guidance to accomplish tasks for our church.
13. I can look beyond a person's handicaps or problems and see a life that's valuable to God.
14. I firmly believe that God can miraculously alter circumstances.
15. I relate well to people of different cultures.
16. Christian music always lifts my spirit and makes me want to praise and worship God.
17. I sometimes feel that I know exactly what God's will is in a particular situation.
18. Studying the Bible and sharing my insights with others is very satisfying for me.
19. I have felt the presence of God and an inner confidence when an important decision needed to be made.
20. I sometimes express my love for God by writing poems, songs, prayers, or devotionals.
21. I like to make gifts for others that will remind them of God or Jesus.
22. I can quickly recognize (and turn away from) temptation and sin.
23. When I'm with someone who is discouraged, I try to lift up their spirit.
24. I have led others to a decision for salvation through faith in Christ.
25. I'm totally convinced God will fulfill His word, even if it seems like He hasn't yet.
26. God has used me to meet someone's financial or material need.
27. When I pray for the sick, either they or I feel sensations of tingling or warmth.
28. God's Spirit in me sometimes leads me to do for others simple things that are appreciated.
29. I enjoy greeting and welcoming people into my group of friends, my church, or my home.
30. I seem to recognize prayer needs before others do.
31. I can understand difficult or confusing portions of the Bible better than most people my age.
32. I'm able to delegate tasks to others to accomplish God's work.
33. I often feel compassion toward those who have physical or mental problems.
34. Other people can point to specific cases where my prayers have had seemingly impossible results.
35. I would be willing to leave comfortable surroundings if it would enable me to share Christ with other people.

36. Singing, dancing, or playing songs of praise to God or for pure enjoyment brings joy to my heart.
37. I sometimes have a strong sense of what God wants to say to someone in response to a particular situation.
38. Others have told me that I helped them learn biblical truths.
39. Sometimes God gives me an insight into the proper course of action others should take.
40. I am able to take biblical lessons and write them down in a way that others can understand more easily.
41. I like to work with my hands to make things to serve God.
42. I find it easy to tell the difference between spiritual truth and error, good and evil.
43. I have motivated others to get involved in ministry or take steps in their spiritual growth.
44. I can sometimes tell when the Spirit has prepared a person to receive Jesus Christ.
45. My hope in God, against all odds, is inspiring to others.
46. I believe that everything I have belongs to God, so I cheerfully give back a tithe (ten percent) of all that God gives me.
47. I enjoy praying for sick people because I know that many of them will be healed as a result.
48. I enjoy doing routine tasks that enable others to serve the church more effectively.
49. I go out of my way to make everyone feel welcome and comfortable at church events and in my home.
50. When I hear a prayer request, I pray for that need for several days at least.
51. I have a good understanding of the gospel.
52. God has given me an ability to “rally the troops” in giving aid to others.
53. When I hear of someone who is lonely, sick, or shut-in, I feel an urge to spend some time with them.
54. God has used me personally to perform supernatural signs or wonders.
55. I have a desire to learn another language so that I can minister to those in a different culture.
56. People have said they see the love of Jesus on my face when I sing, dance, or play music.
57. Sometimes I have a burning desire to speak God’s Word even if I know it will not be well received.
58. Leading a Sabbath School class is something I have a strong desire to do.
59. When a person has a problem I can sometimes guide them to the best biblical solution.

60. I love to study God's Word and write down what I have learned.
61. I am able to show the glory of God's creation through my art.
62. I can judge well between truth and error of a statement someone makes about religion.
63. I have talked with someone who was troubled or discouraged to help restore their confidence in God.
64. I would rather talk to others about my faith in Jesus than anything else.
65. I trust God completely, even when the situation seems impossible.
66. I have felt God's Spirit leading me to give money to a specific person or cause.
67. Sometimes I have a strong sense that God wants to heal someone through my prayers or touch.
68. I would rather work for God quietly than have my work recognized publicly.
69. I like to help with social events at my church.
70. Praying for others is one of my favorite ways to spend time.
71. I sometimes find I know things I have never learned, which are confirmed by other Christians.
72. It is a thrill to inspire others to greater involvement in church work.
73. I enjoy visiting people in hospitals and retirement homes, and feel I do well in such a ministry.
74. The Holy Spirit leads me to pray for impossible things that often come true.
75. More than most, I have a desire to see people of other countries won to the Lord.
76. People have told me they were moved spiritually by my singing, dancing, or playing music.
77. People have told me that I communicated timely messages that must have come directly from the Lord.
78. I devote considerable time to learning new biblical truths in order to communicate them to others.
79. I feel that I have special insight from God that helps me make the right decision in a difficult situation.
80. People have said they were touched spiritually by things I wrote.
81. I feel compelled to use my hands to craft things that show the beauty of God's creation.
82. I can quickly recognize whether a person's teaching is consistent with God's Word.
83. I help encourage others in difficult situations with my positive attitude.
84. I'm troubled when people ignore the importance of salvation.

85. I truly believe that God has a plan for me and my future.

86. I strive to find ways to give to others without calling attention to myself.

87. I have prayed for others and physical healing has actually occurred.

88. I look for tasks at our church that need to be done, and often do them without even being asked.

89. When people come to our house, they often say they feel at home with us.

90. Others have told me that my prayers for them have been answered.

91. God has given me words to say in witnessing to others, in ways that have surprised even me.

92. I can motivate others to obey Christ by the example of how I live.

93. Sometimes I am overcome with emotion for the person I am praying for.

94. People have told me that God used me to bring about supernatural change in their lives or circumstances.

95. People of other races or cultures feel comfortable with me and I am able to share my faith with them.

96. I enjoy using my musical talents to sing, dance to, or play Christian music much more so than secular music.

97. God has used me to reveal specific things that will happen in the future.

98. When I talk to others about the Bible, they seem interested and want to learn more.

99. People with spiritual problems sometimes come to me for advice.

100. I sometimes prefer to write down my thoughts about God rather than speaking them out loud.



BIBLE VERSE

“Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.”—Romans 12:6–8

Responses 1-20	Responses 21-40	Responses 41-60	Responses 61-80	Responses 81-100
1	21	41	61	81
2	22	42	62	82
3	23	43	63	83
4	24	44	64	84
5	25	45	65	85
6	26	46	66	86
7	27	47	67	87
8	28	48	68	88
9	29	49	69	89
10	30	50	70	90
11	31	51	71	91
12	32	52	72	92
13	33	53	73	93
14	34	54	74	94
15	35	55	75	95
16	36	56	76	96
17	37	57	77	97
18	38	58	78	98
19	39	59	79	99
20	40	60	80	100

Sum	Rank	Name of Spiritual Gift
		Art
		Discernment
		Encouragement
		Shepherding
		Faith
		Giving
		Healing
		Service
		Hospitality
		Intercession/ Prayer
		Knowledge
		Leadership
		Compassion
		Miracles
		Mission
		Music
		Prophecy
		Teaching
		Wisdom
		Writing

1.3 – VALUES

TEMPERANCE

RESOLUTION

SINCERITY

SILENCE

FRUGALITY

JUSTICE

ORDER

INDUSTRIOUSNESS

CLEANLINESS

TRANQUILITY

CHASTITY

HUMILITY

Which value do you most exemplify in your words and actions? Which value do you want to work harder at demonstrating?

A. How do these individuals shape or change your values?

1. Parents/guardians
2. Siblings
3. Peers
4. Teachers
5. Public figures in the media
6. Church leaders

B. How do your values influence your decisions concerning:

1. Your attitude
2. Using drugs, smoking, or drinking
3. Bullying, fighting, or committing crimes
4. Relationships with boys
5. Your education
6. Your hobbies

BIBLE VERSE

“Lord, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, and works righteousness, and speaks the truth in his heart.”—Psalm 15:1-2

1.4 – CHARISMA

Charisma isn't just charm and confidence—it's any spiritual gift that enables you to do God's work. You have more charisma than you realize!

Self-confidence
Power
Experience

Self-worth
Magnetism
Competence

Integrity
Style
Attitude

BIBLE VERSE

"There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all."—1 Corinthians 12:4–6

1.5 – ATTITUDE CHECK

Here's a list of tough decisions. Circle the ones you choose to make and believe to be right for you.

- I always tell the truth to a parent, no matter what.
- I never share my best friend's secrets.
- I respect my teachers and other adults.
- I don't make fun of others.
- I walk away from a conversation when ugly words are used.
- I share kindness with everyone.
- I study hard because my education is important.
- I take responsibility for my mistakes.
- I'm not afraid to share my faith.
- I use natural resources carefully and responsibly.
- I don't smoke or drink.

How does your list look? God is challenging you to think about the things you didn't circle, and to try making a decision to put them into practice. People will take notice of you because you are different in a way they admire and respect.

BIBLE VERSE

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."—Colossians 3:17

1.6 – THE WRITER WITHIN

Journals help you better connect with your values, emotions, and goals.

When you write about what you believe, why you believe it, how you feel, and what your goals are, you can better understand yourself.

Journals help solve problems and improve focus.

When you journal about a problem, you transfer the problem from your head to the paper. This helps you start problem-solving, instead of just holding on to the problem and worrying over it.

For example, let's say you have a lot of homework, problems with your best friend, more household chores than time to do them, and you're feeling overwhelmed. As you start journaling, things become clearer and easier to understand: Some homework tasks you can begin today, and you have two days to study for your test, so you have time to do your chores. It seems that your best friend is really upset with her brother—not you—so you understand why she has hurt feelings. Just twenty minutes with your journal in a quiet place can help you focus and reason out what is important.

Journals improve insight and understanding.

A positive result of improving your mental clarity is becoming more open to what you may have missed before. As you write your notes, you're communicating with yourself. This draws out what you would've missed otherwise, and you start to better understand your own thoughts. This is only available to the person who has taken the time to connect with themselves in the form of writing.

From your past entries you can glean new insights. What themes do you see in your life? Do you keep switching goals halfway through? Do you hang out with the same types of people who aren't good for you? Have you been pushing worthwhile friends out of your life? All these questions can be answered by looking back at your journal entries and paying attention to your patterns of behavior, feelings, and choices. Questions about yourself can be tough to answer without a journal of your actions and experiences.

Journals track your overall development.

Life happens, and it can happen fast. Sometimes we don't take the time to stop and look around at what's happening to us each moment. We don't get to see the step-by-step progress we've made. Journaling helps keep track of your life. It allows you to see how you've changed over time, so you can see where you did things right and where you didn't. It helps you learn from your mistakes.



Journals help us with personal growth.

The best thing about journaling is that no matter what you write about, you usually grow from it. You won't just look at a past entry in which you acted shamefully and say, "That was dumb, anyway." No, you'll say, "I will never make a poor choice like that again!" That's what makes a journal such a powerful tool. The more you journal, the more you'll recognize yourself growing as a person.

SO HOW DO YOU GET STARTED WITH JOURNALING?

1. Choose a medium

Journaling with pen and paper is proven to be more effective than using a keyboard. Writing stimulates an area of the brain called the reticular activating system, which filters and brings clearly to mind the information we're focusing on. However, if pen and paper don't work for you there are many digital applications for your computer or phone.

2. Set aside a time and place

Choose a length of time you will be able to commit to, but which is long enough to allow you to develop deep thoughts. One suggestion is to write for 15 or 20 minutes a day. Have a specific place to journal that makes you feel comfortable, and allows you some privacy to reflect on your thoughts.

3. Don't edit

You just need to write. Forget about spelling and punctuation; no one is grading your journal. Just let it flow! Journaling is meant to get your feelings on the page. Don't stop the natural flow of your thoughts by worrying about proper grammar.

4. Keep it private and secure

Keep your journaling private and store the journal in a secure place. If your journal is to be an effective tool for self-reflection, you must be able to write freely without fear of judgment. Expressive writing is for you and you alone.

Good luck on your journaling journey!

BIBLE VERSE

"O Lord, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off."—Psalm 139:1-2

Module 2

WHAT'S UP WITH ME?

SELF-ESTEEM, SELF-RESPECT, AND SELF-CONTROL

"Add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love."

2 Peter 1:5b-7



2.1 – INTRODUCTION TO SELF-ESTEEM

Self-esteem is the opinion you have of yourself—the sense of value and worth that comes from a positive self-image. It is expressed through the attitudes you have, the choices you make, and other aspects of life that make you who you are. Your self-esteem doesn't have to be influenced by your environment, past experiences, or even what others may say about you. You are in charge of your self-esteem, and you can choose to build or destroy it.

You destroy your self-esteem when you act like someone you can't be proud of—for example, when you don't keep your word or honor the commitments you make. But you build your self-esteem when you practice Christ-like characteristics like kindness, humility, and trustworthiness.

If you're feeling low and focusing on your faults, limitations, and what you don't like about yourself, then you might find yourself seeking out people and situations that confirm your negative feelings. So instead, try making a conscious decision to practice positive self-esteem: surround yourself with friends who support you with positivity instead of overwhelming you with negativity, and participate in activities that affirm your self-worth rather than tear it down. Choose the positive path and boost your self-esteem by seeing the best in yourself and growing that feeling every day of your life.

There are varying levels of self-esteem. We can think of them as being on a spectrum between high self-esteem and low self-esteem, with the middle ground of what we call healthy self-esteem.

High self-esteem is when you think of yourself as the best, with nothing about you that needs changing. People with high self-esteem have an extremely confident self-image, and may feel as if there's hardly anything at all that would ever cause them self-doubt.

Low self-esteem is when you think there are barely any positive qualities about you. Certain difficulties, like tough subjects in school or issues at home, can make people with low self-esteem feel like their life and the things they do have no purpose at all.

Healthy self-esteem means maintaining a positive self-image while also learning and growing from your mistakes. People with healthy self-esteem are often humble and emotionally well balanced.

Events in life can affect your sense of self-worth, and at times you may find yourself higher or lower on the spectrum of self-esteem. Most people, at some time in their life, deal with these challenges. But being aware of your level of self-esteem will help you determine whether you need to work on building your self-confidence or developing an attitude of humility.

BIBLE VERSE

"You were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot."—1 Peter 1:18–19

2.2 – SELF-ESTEEM ASSESSMENT

When you are honest with yourself you can better see the improvements that need to be made in your life. How do you really feel about yourself? Do you have a harsh, negative self-image? Or do you love the person you are? Learn more about your self-esteem by considering the statements below.

For each statement, think about your honest answer and write “usually,” “sometimes,” or “never.” This activity is only to help you start being aware of your own self-esteem; it will not be graded, and you do not have to share your responses if you don’t want to.

1. I express my opinions openly.
2. I handle rejection in a healthy way.
3. I’m satisfied with the way I look.
4. I forgive myself for my mistakes.
5. I’m proud of my accomplishments.
6. I appreciate my unique character and personality.
7. I’m able to express my feelings, both positive and negative.
8. I learn from my mistakes.
9. I ask for help when I need it.
10. I avoid comparing myself to others in a negative way.
11. I make an attempt to change important parts of my life that I’m dissatisfied with.
12. I believe my opinion is valuable.
13. I listen to constructive criticism but don’t let it upset me.
14. I’m willing to try new things.
15. It’s easy for me to list my positive qualities.

BIBLE VERSE

“I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.”—Psalm 139:14

2.3 - BEAUTY

- How do you feel about the body changes that all girls experience?
- What are the benefits of getting to know your body?
- How are some of the ways your body will change?
- Which body parts won't change?
- How confident do you feel about your body?

BIBLE VERSE

"For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart."—1 Samuel 16:7b

2.4 - DIVERSITY IN BEAUTY

Is it possible that our opinions about beauty are influenced by what we are told and the things that we see around us? Wouldn't someone from a different time, place, or culture have a different idea of beauty?

With guidance from your leader, create a poster depicting various characteristics and ideals of beauty. As you work, think about how the standards of beauty you live with are not the standards of beauty that someone else lives with. Celebrate diversity in beauty!

BIBLE VERSE

"Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised."—Proverbs 31:30



2.5 – SELF-HATE

Do you ever find yourself engaging in negative self-talk? Telling yourself negative things about yourself doesn't just lower your mood for the moment—it hurts your self-esteem and prevents you from achieving your full potential. By recognizing what negative self-talk sounds like, you can stop yourself next time it happens and instead choose to focus on the positive qualities in yourself.

Putting yourself down

- I can't write/talk/sing well.
- I'm not that important.
- I'm not worth it.

Calling yourself hurtful names

- I'm so stupid/awkward/etc.
- I'm too fat/skinny/etc.

Being obsessed

- I must be perfect.
- If I make one mistake, it must mean everything is going wrong.

Being prejudicial

- My clothes look weird compared to theirs.
- I look so "foreign."
- That's so "white"/"black"/etc.

Making comparisons

- I wish I had a house like theirs.
- My breasts are small; I wish they looked like hers.
- I wish I were as good at sports as him.

Do you feel like this when your self-esteem is low? Answer "yes" or "no."

- I am less productive. _____
- I feel unlovable. _____
- I just want to be alone. _____
- I behave negatively toward others. _____
- It seems like nobody likes me. _____
- I feel I can't do anything right. _____

What qualities do you connect with healthy self-esteem?

1. _____
2. _____
3. _____

How do you act when you don't feel good about yourself?

1. _____
2. _____
3. _____

What other actions do you connect with low self-esteem?

1. _____
2. _____
3. _____

Remember: healthy self-esteem is from God. The Bible says He provides us with self-assurance, strength, and everything we need.

BIBLE VERSES

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."—Isaiah 41:10

"And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me."—2 Corinthians 12:9

2.6 – AFFIRMATIONS

Use affirmations to replace negative self-talk. Keep track of each small success in a journal on a daily basis. The first step toward change is awareness, and this first step is often the hardest. Congratulations! You are on your way!

Remind yourself of these powerful affirmations from the Bible.

1. He who is in me is greater than he who is in the world! (1 John 4:4)

Jesus is far more powerful than Satan. Because Jesus is my friend, I don't have to be afraid. No matter how sad or difficult life gets, I just need to remember that Jesus is watching over me. I will fear nothing that the world tries to use to intimidate me.

2. I can do all things through Christ who strengthens me! (Philippians 4:13)

I don't fear what the devil may plan today or tomorrow. I can make it even if others try to discourage me. I'm never afraid of failure because I know I've already succeeded.

3. I am fearfully and wonderfully made in God's image! (Psalm 139:14)

I am unique, and I love the way I was created. I was fashioned in the image of my Creator. God put in me the power to do what He purposed for me. The devil fears me because of who I am! I was created to display the true character of God.

4. The light of the Lord Almighty shines through me! (1 Thessalonians 5:5)

I was put on earth to shine and glorify the name of my Creator and King. The light has come into me, so darkness has to fly away. I shine because I am a true child of God, the King of Light. His Word is a lamp unto my feet and light unto my path (Psalm 119:105). I refuse to put out the light!

5. In God I live, move, and exist! (Acts 17:28)

I live in total commitment to Jehovah, my Creator and kind Father. In Him I have my life, health, and joy. In Him I do everything because He is my everything. God works in me according to the powers of His purpose for my life (Philippians 2:13).

6. I am like a tree planted by the rivers of waters! (Psalm 1:3)

I am secured, I am healthy, I am safe, and I am rich. God provides for me because I am an heir to all that belongs to Him. I feed on the bread of life and I drink from the cup of life too (John 6:57–58).



7. I am a new person, complete in Christ Jesus! (2 Corinthians 5:17)

Every old thing in my life is past and gone! I am a new creature, prepared for the divine works of God. I will never stand alone again, because Jesus Christ stands with me. I am not perfect on my own will, but Christ's blood makes me perfect (Col 3:5). I have the freedom and certainty of eternal life in Christ!

8. I am redeemed through Christ's blood! (Ephesians 1:7)

I have a new image because of what Christ did on the cross. I was freed from bondage and slavery when He shed His precious blood for me (Romans 6:6). I am secure, fully protected against any harm plotted by the evil one.

9. I am in love with Jesus! (Ephesians 3:17–19)

I have fallen in love with Jesus. No one can make me betray this love. God pours His love into me by the Holy Spirit (Romans 5:5). I give love back to Him by believing in His Son, Christ, as my Lord and personal Savior. I love the Lord; He first loved me. He is the extra-ordinary King of Love! In His love, my future is secure.

10. I have joy in my heart—deep, deep down in my heart! (Psalm 16:11)

My heart is full of joy because of God's love for me. I will rejoice—again, I say I will rejoice! (Philippians 4:4). My heart is dancing because I find grace in the bosom of the Lord. I am bouncing with joy for what Christ did for me. I will lift my voice to worship because He put a new song on my lips!

2.7 – SOUNDS AND EMOTIONS

Part of understanding our self-esteem is being able to identify which things make us feel good and which make us feel bad. Try using sounds to discover how sensitive your feelings really are!

- How do everyday sounds affect how we feel?
- Is everyone affected the same way?
- How are your emotions affected by the sounds you heard in the activity?
- What words or phrases make you feel the emotions evoked in the activity? (For example, "I love you," "I don't like you," "Get away from me," or "You are special to me.")
- Self-esteem affects how we feel on the inside. How is it influenced by what we experience on the outside?

BIBLE VERSE

"When they went, I heard the noise of their wings, like the noise of many waters, like the voice of the Almighty, a tumult like the noise of an army; and when they stood still, they let down their wings. A voice came from above the firmament that was over their heads; whenever they stood, they let down their wings."—Ezekiel 1:24–25

2.8 - LIFE STORIES

Writing a story about your life can help you find meaning and value in your experiences. It will allow you to organize your thoughts and use them to grow. People who develop stories about their life tend to experience a greater sense of meaning, which can contribute to higher self-esteem.

THE PAST

Write a story about how your life was two years ago.
What were your greatest concerns, interests, and priorities at that time?

THE PRESENT

Describe your life and who you are now. How do you differ from your past self? What are your strengths now? What challenges are you facing?

THE FUTURE

Write about your ideal future. How will your life be different than it is now? How will you be different than you are now?

BIBLE VERSE

"The steps of a good man are ordered by the Lord, and He delights in his way."—Psalm 37:23

2.9 – SELF-ESTEEM QUOTES

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."—Louisa May Alcott

"Other people's opinion of you does not have to become your reality."—Les Brown

"It's surprising how many persons go through life without ever recognizing that their feelings toward other people are largely determined by their feelings toward themselves, and if you're not comfortable within yourself, you can't be comfortable with others."—Sydney J. Harris

"Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you?"—Fanny Brice

"It took me a long time not to judge myself through someone else's eyes."—Sally Field

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
—2 Timothy 1:7

“I can do all things through Christ who strengthens me.”—Philippians 4:13

“He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.”—Ephesians 1:4-6

“For I say, through the grace given to me, to everyone who is among you, not to think of *himself* more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.”—Romans 12:3

“He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will.”—Ephesians 1:4-5

2.10 – MANAGING EMOTIONS

Do you sometimes feel your emotions welling up? Are there times you just can't stop yourself from saying something? Do you have an opinion you want to get across to others? Knowing how to express your feelings can help you understand others and help them understand you. Learning how to communicate effectively will help you do all these things and more.

Pretend to be on a TV talk show discussing some important topics. Make up your own show, and decide who will be the host and the guests. You can take turns playing these roles. The rest of the group can watch and listen as the audience.

Now come up with points to discuss. You may want to look at newspapers or magazines for the latest topics, or you could make up some ideas.

BIBLE VERSE

“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”—Philippians 4:7

2.11 – SELF-CONTROL AND SELF-DISCIPLINE

Use words and pictures from the magazines to create a collage illustrating why it's important to exercise self-control in this area of your life. As you work, discuss the questions under your topic.

FOOD

1. What does the Bible say about food choices?
2. What kinds of problems do people have exercising self-control with food?
3. What kinds of messages do we get from society and the media about food?
4. What are some tips to help people have more self-control in this area?

ENTERTAINMENT

1. What does the Bible say about our choice of entertainment?
2. Why is it important to have self-control over the kinds of entertainment we choose?
3. How would you describe appropriate entertainment?
4. What are some principles Christian youth can apply to help them exercise self-control in this area of life?

DRUGS/ALCOHOL

1. What does the Bible say about this topic?
2. What kinds of problems arise when people don't exercise self-control in this area?
3. What message do we get from society and the media about drugs and alcohol?
4. Does self-control in this area mean "just saying no" or exercising moderation?

EDUCATION

1. Why does it take self-discipline to get an education?
2. What are some of the messages we get from others that might keep us from exercising self-discipline in this area?
3. Why is it so important to be self-disciplined about our education?
4. How can the Bible help us in this area?

BIBLE VERSE

"Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ."

—1 Peter 1:13



2.12 – EXPRESSING YOURSELF

- In what kinds of situations do you find it particularly easy or hard to express yourself?
- Do you find some people easier or harder to talk with? Why do you think this is?
- How important is it to be able to express yourself effectively?
- How can you learn from other people’s communication styles and become more effective at communicating?
- Give an example of when someone needed to have thought more about what they said.
- Does expressing your emotions make you feel better?

BIBLE VERSES

“The heart of the wise teaches his mouth, and adds learning to his lips.”—Proverbs 16:23

“A fool has no delight in understanding, but in expressing his own heart.”—Proverbs 18:2

“A word fitly spoken is like apples of gold in settings of silver.”—Proverbs 25:11



2.13 – LOVE LANGUAGES

These are the five love languages, or ways we show love to others. Which of these love language do you use?

1. Words of affirmation 2. Quality time 3. Acts of service 4. Physical touch 5. Gift-giving

MY LOVE LANGUAGE FOR...

My mother _____

My father _____

My siblings _____

My cousins _____

My grandmother(s) _____

My grandfather(s) _____

My best friend(s) _____

My acquaintances _____

THE LOVE LANGUAGE I NEED FROM...

My mother _____

My father _____

My siblings _____

My cousins _____

My grandmother(s) _____

My grandfather(s) _____

My best friend(s) _____

My acquaintances _____

BIBLE VERSE

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”—
Romans 8:38–39

Module 3

WHAT AM I GOING TO DO? CAREER PLANNING

"Whatever you do, work at it with all your heart, as working for the Lord, not for men."

Colossians 3:23



3.1 – SETTING GOALS

Setting goals is important; it can help you focus your dreams and ambitions. But your goals should be specific and realistic. While it's great to have big dreams, you may feel discouraged if those dreams go unfulfilled. So focus on specific steps you can take, and you'll find that every accomplished goal brings you a little closer to your big dream.

To set goals, you need to know the...

- What
- Why
- When
- Challenges

Let's say that you have a big dream to become a surgeon. There are a lot of things you must accomplish before doing that! It may seem overwhelming to think about, but when you think about the specific steps you can take and the realistic changes you can make in your life, it may not seem like an impossible feat after all. Focus on one goal that will help you get a little bit closer to that big dream. Here's an example:

WHAT – I need good grades in Biology.

WHY – If I do better in Biology now, I will feel more confident about my academic future and be more prepared for the coursework involved in becoming a doctor.

WHEN – I will set a regular study schedule of thirty extra minutes every weekday, and stick to it.

CHALLENGES – It will be difficult to fit extra time on Tuesdays, when I have my afterschool club meeting. I should wake up fifteen minutes earlier on Tuesdays so I can do half of my extra studying in the morning.

If your reasons for setting goals sound like "I want to do better than Lauren," or "I want Mark to pay attention to me," then you're not being fair with yourself, and you may tire of the goal easily when your motivations are so superficial. These kinds of goals can easily turn into a distraction and a hindrance, interfering with your progress and ultimately causing you to become discouraged. But if you're working toward a personal accomplishment—like getting a scholarship, being accepted into a great college, or working in the career of your dreams—your goal is a positive one that will motivate you through all the hard work.

BIBLE VERSE

"Commit your works to the Lord, and your thoughts will be established."—Proverbs 16:3

3.2 – PREPARING FOR AN INTERVIEW

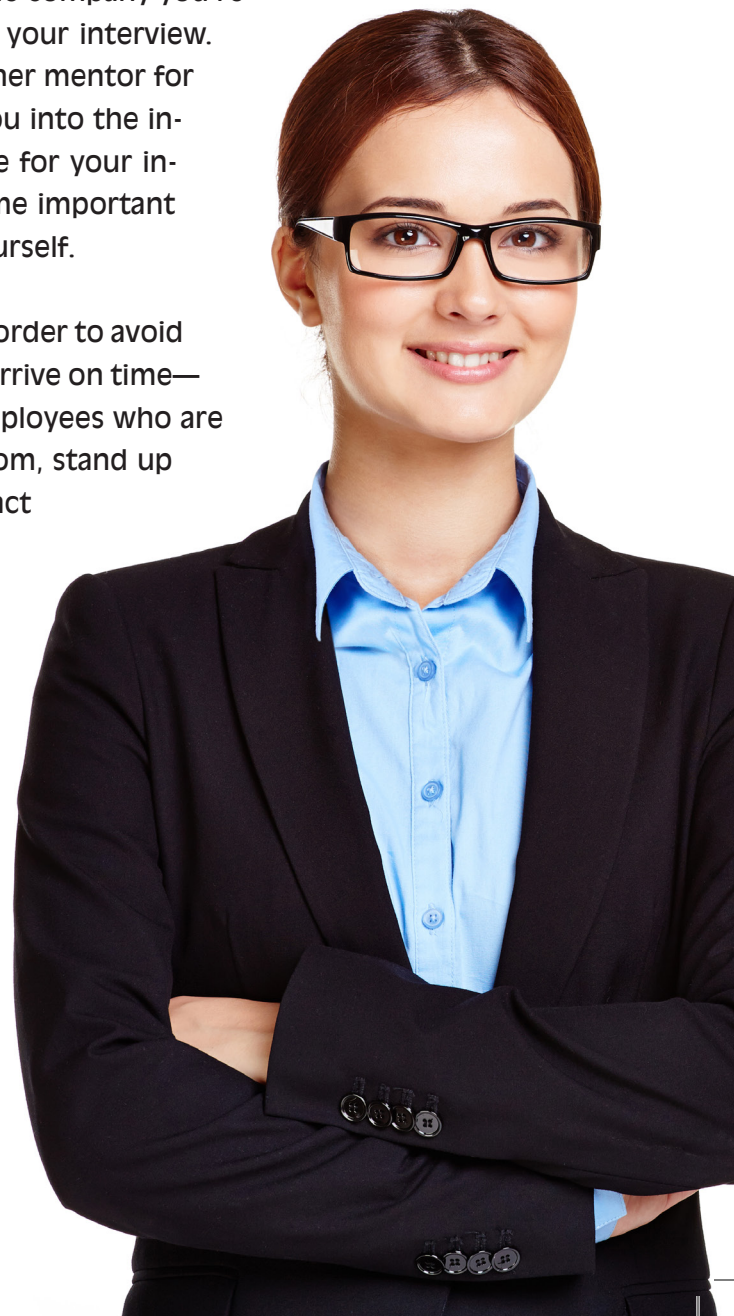
The first step toward employment is learning how to apply and interview for a job. Here are a few things to think about as you navigate the hiring process:

- Visit the business and observe. How does management treat the employees? How do employees speak to each other? What values are represented?
- What qualities and skills are required for the position?
- How do you make sure your application is organized and well put together? Why is that important to the employer?
- Who should you use for references? Teachers? Family? Friends?

When you're called for the interview, it's important to make a good first impression and show the interviewer that you're a professional, polite, and capable young woman.

You should wear professional clothing appropriate for the company you're applying to. Ask an adult to approve your outfit before your interview. While it's a good idea to ask your parents, teacher, or other mentor for tips while you prepare, don't ask them to accompany you into the interview—it's more professional to attend alone. Prepare for your interview by researching the business and rehearsing some important information you want the interviewer to know about yourself.

Turn off your phone before you arrive at the business, in order to avoid being distracted or causing a disruption. Make sure you arrive on time—even five or ten minutes early. Employers appreciate employees who are prompt and timely. When the interviewer enters the room, stand up to greet her and shake her hand. Make friendly eye contact and smile as you speak to her. Greet her by name and introduce yourself. Make sure you speak clearly—try to avoid mumbling, stammering, or speaking too quickly. When answering questions, it's okay to take a moment to breathe and think about what you need to say.



AN INTERVIEW SCENARIO

Tiara walked into a job interview. She was chewing gum and talking on her phone. She put it away, but did not turn it off. The interviewer reached out to shake hands with Tiara, but Tiara had already turned to sit down before being asked to be seated. Tiara answered questions well and knew quite a lot about the position she was interviewing for. She also asked questions about what benefits the position offered. When Tiara's cell phone rang, she reached for it after a quick apology and her thumbs started flying. Her eyes glanced up and down from phone to interviewer as she tried to multitask, and after a moment she apologized again and put it away. The interviewer frowned as Tiara left the office. She did not get the job.

- What did Tiara do right?
- Did she research?
- What did she do wrong?
- Should she be disappointed at the outcome?
- If you were Tiara, how would you approach the interview?

BIBLE VERSE

"For the Lord will be your confidence, and will keep your foot from being caught."—Proverbs 3:26



3.3 – PRACTICE INTERVIEW

Think about the kind of job you’d most like to have. What aspects of this job are exciting and interesting? Which aspects are dull? Where could you work if you did that job? What school courses can you take to prepare for this career? What skills should you develop? Learn all you can, so you may decide if it’s right for you.

BIBLE VERSE
“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”—Colossians 3:17

Module 4

ACADEMIA EXTREME ACADEMIC SKILLS

"The heart of the prudent
acquires knowledge, and the ear
of the wise seeks knowledge."

Proverbs 18:15



4.1 – PREPARING FOR A TEST

- Make a schedule and budget enough time for studying to be well prepared for the test.
- Attend review sessions and pay attention to hints the instructor may give about the test. Take notes and ask questions about items you may be confused about.
- Go over any material from practice tests, sample problems, review material, the textbook, class notes, etc.
- Put the main ideas, information, or formulas onto a sheet that can be quickly reviewed many times. This makes it easier to retain key concepts.
- Ask the instructor to specify the areas that will be emphasized on the test.
- Get at least eight hours of sleep before the test.
- Set your alarm and have a backup alarm set as well.
- Eat before the test; having food in your stomach will give you energy and help you focus. But avoid heavy foods, which can make you groggy.
- Go to the bathroom before walking into the exam room. You don't want to waste any time worrying about your bodily needs during the test.
- Try to show up at least five minutes before the test starts, and use that time to make yourself calm and focused.

And remember: test preparation begins long before the night before an exam. Attend every class session, pay attention to the instructor, complete all your assignments, and regularly review the material you've learned. Practice good study habits from the very first day of class, and you'll find that preparing for a test doesn't have to be so stressful!

BIBLE VERSE

"Buy the truth, and do not sell it, also wisdom and instruction and understanding."

—Proverbs 23:23



4.2 - TIME MANAGEMENT

Good time management is crucial to academic success. You must balance social events, family obligations, work, and hobbies—and make sure you reserve enough time for studying. For example, you may be invited to a best friend’s birthday party, while that same weekend your mom has promised to take you to get a new haircut and outfit. How will you fit everything into your schedule?

Will you . . .

- ask a friend for advice?
- ask your mom if she can change the shopping date?
- think about which activity furthers your future goals?
- pray for guidance?

What do you do when your schedule seems too full? Do you decide which tasks are most important every day? Do you make a “to do” list?

TO DO LIST

TO DO	TIME IT WILL TAKE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

BIBLE VERSE

“See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.”—Ephesians 5:15–16

4.3 – SUCCESS AND EXCELLENCE

Many people misunderstand success and think it's just luck—like winning the lottery. Not so! Success is a result of careful planning and hard work.

How do you think people succeed?

Many people also think that success happens right away. It doesn't. Success is a journey, achieving one thing at a time.

Do successful people sometimes fail at what they do?

What do successful people do when they make mistakes?

Another misconception about success is that it's all about money or accomplishments. Success means more than just that! Being truly successful means heeding God's call, pursuing the plans He has for you, and walking with Christ every step of the way.

What does God say about His role in our success? Look at Proverbs 3:1–4, Proverbs 2:7, Joshua 1:8, Nehemiah 1:11, and 1 Samuel 18:14.

BIBLE VERSE

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."—Jeremiah 29:11

Module 5

WORKING IT OUT MAKING GOOD DECISIONS

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

Proverbs 3:5-6



5.1 – SOLVING PROBLEMS

Finding the best choice in a hard situation can be overwhelming and confusing. The next time you face a tough decision, try these problem-solving steps.

1. **What is the problem?** Describe the issue clearly and concisely. For this exercise, choose a hypothetical problem given to you by your leader.
2. **What are all of my choices?** Write down as many potential solutions as possible, and don't worry yet about whether you've thought of the best possible decision. Make sure you list ALL your choices; don't focus only on the ones that seem most convenient or desirable. Leave some space next to each solution for the next two steps.
3. **For each choice, ask: What are the possible positive consequences?** Now write down all of the good things that could result from choosing that particular option. How important is that positive consequence?
4. **For each choice, ask: What are the possible negative consequences?** Sometimes the choices we make can make a bad problem even worse. Write down all the bad things that may result from choosing that option. Will it result in you doing something immoral, inconsiderate, or otherwise negative?
5. **Which solution should I try?** The best solution isn't always obvious or easy. Evaluate your choices and decide which solution offers the best resolution to your problem. Talk to a parent, teacher, counselor, or other trusted adult when you're faced with tough decisions. And most importantly, ask God for the wisdom to understand the choice He wants you to take, and the plans He has for your life.
6. **What is my plan for using this solution?** What has to happen? Do I need any special resources or help?
7. **How will I check to see how things worked out?** You should always be ready to evaluate your decision and, if necessary, change your course of action. Think about what you're trying to accomplish, and how you'll know if you succeeded.

BIBLE VERSE

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."—James 1:5

5.2 – DISAGREEMENTS

- What kind of disagreements do friends have? What kind of disagreements do family members have?
- How do you solve disagreements with friends? How do you solve disagreements with family members?
- How do you handle it when you're certain you're right and the other person is wrong?
- What are some things people do that get in the way of solving disagreements? (For example, raising voices, name calling, interrupting, or not listening.)
- Think about a disagreement you've had in the past. How did you resolve it? Was there anything you could have done better?
- What does it mean to "agree to disagree"?

BIBLE VERSE

"The beginning of strife is like releasing water; therefore stop contention before a quarrel starts."—Proverbs 17:14



5.3 – RESOLVING CONFLICT

Resolving conflict with others can be confusing, painful, and just plain frustrating! These ten steps to conflict resolution can help you keep focused. Instead of getting caught up in hurt feelings and strong emotions, try to concentrate on the goal of restoring the relationship. Hurting someone you care about or lowering yourself to un-Christlike behaviors in the heat of an argument will have consequences lasting far beyond that disagreement. If one person becomes angry or upset during problem solving, just take a break and try again later when everyone is ready to talk about the issue with a cooperative attitude. Remember: stay calm, work together, and be prepared to listen.

WHAT TO DO	HOW TO DO IT
1. Describe the problem.	Use “I” language (“I feel,” “I believe”) instead of blaming “you” language (“you always,” “you never”). Don’t accuse, blame, or criticize.
2. Allow the other person to listen and reflect back what she heard.	Listen quietly without interrupting.
3. Ask the other person for her thoughts and feelings about the problem.	Allow the other person to present their perspective. Don’t interrupt or make comments.
4. Reflect back what you hear.	Summarize the other person’s thoughts and feelings without advising, criticizing, or judging.
5. Summarize the problem.	Avoid blaming. Represent each person’s perspective fairly and acknowledge everyone’s needs and feelings.
6. Invite the other person to problem-solve with you.	Emphasize your desire to restore the relationship. Promise your cooperation and ask the other person for hers as you prayerfully work toward a solution.
7. Take turns listing ideas.	Each person comes up with several possible solutions. Some will be workable, and some won’t.
8. Take turns commenting on each idea.	Avoid judging or criticizing. Be respectful and give each idea thoughtful consideration, even if you don’t agree with it. Be open to ideas that require compromise.
9. Make a plan for how the solution will work.	Include details of what each person needs to do.
10. Write the plan down.	Write a resolution together and put it somewhere you both can see it every day.

BIBLE VERSE

“Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.”—Philippians 2:1–3

Module 6

OFF TO A GREAT START LIFE SKILLS

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

Colossians 3:17



6.1 – A HEALTHY PLATE

WHOLE GRAINS	
Examples	Health Benefits
PROTEIN	
Examples	Health Benefits
FRUITS AND VEGETABLES	
Examples	Health Benefits
HEALTHY OILS	
Examples	Health Benefits
WATER	
Examples	Health Benefits
EXERCISE	
Examples	Health Benefits

BIBLE VERSE

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food’; and it was so.”—Genesis 1:29–30

6.2 - FOOD AND FEELINGS

- How do different foods make you feel?
- Are your food choices influenced by your emotions?
- Why is it important to understand the difference between listening to your body and listening to your mind when it comes to food?
- How does being sad affect how or what you eat?

BIBLE VERSE

“For He satisfies the longing soul, and fills the hungry soul with goodness.”—Psalm 107:9



6.3 – FAITHFUL STEWARDSHIP

A steward is a person entrusted to care for someone else's property—like caring for your neighbor's pet while she's in the hospital, or housesitting for your friend while she's on vacation. Stewards are entrusted with valuable property, and they are expected to care for that property responsibly and for the benefit of its true owner. Think of it this way: you wouldn't steal your neighbor's dog and take it away to your own home before she returns, or move all your belongings into your friend's house and change the locks! When you're a steward, you know that the things temporarily in your possession are not truly your own, and you don't use them for your own selfish benefit. We are all God's stewards because He blesses us with many resources and trusts us to use them wisely.

But being God's steward is a much greater responsibility than a favor for a friend. When you walk your neighbor's dog, she might give you some extra pocket money to say "thank you." Or when your friend returns from her vacation she may bring you a small gift because you looked after her home. But do we return tithes and offerings because we hope for some extra special blessings? Do we volunteer our time for the church because we suspect there may be a prestigious position available? No way! We do those things because they're a part of worship—a way we express love for our Creator. That's what stewardship is about.

So what kinds of things are we stewards of? In Ephesians 5:16, we are told to "redeem the time"—that is, make the most of our time and use it wisely.

We are stewards of time, and should use our time to do God's work.

There are also spiritual gifts—the Bible tells us that God has given every believer at least one (1 Corinthians 12:7). Being stewards of our spiritual gifts, intelligence, talents, and special abilities, we have the responsibility to use them for the strengthening of the church. Other resources

entrusted to us are more tangible—like money, or even our bodies. Our bodies are "the temple of the Holy Spirit" (1 Corinthians 6:19); thus, they are not ours, but God's. Everything we put into our bodies, and every decision we make with our bodies, ought to glorify the Creator who put us together by hand. And our wealth, however much we have, is a blessing from God. Some of the biggest decisions you will have to make as an adult involve money and how best to use it.



So how can you be a good steward of money? The Bible has a lot to say about managing finances:

Concerning borrowing, the Bible advises against it, warning, “The rich rules over the poor, and the borrower is servant to the lender” (Proverbs 22:7). And the Bible repeatedly advises against accumulating wealth, instead encouraging us to seek spiritual riches. “A faithful man will be richly blessed, but one eager to get rich will not go unpunished” (Proverbs 28:20).

We are also told to model the industrious ant who works to store up food for itself, and we are warned against sleeping when we should be working at something profitable (Proverbs 6:6–11). While the Bible admonishes the “sluggard”—a lazy, slothful person who would rather rest than work—it also disapproves of one at the other end of the spectrum, who is obsessed with gaining money over any spiritual pursuits. From the love of money arises many kinds of evil (1 Timothy 6:10).

The Bible teaches us to manage our money with generosity. Those who hoard their wealth will not be rewarded, but those who give according to the Spirit’s leading—however much they have—will reap bountifully, because God desires us to be cheerful givers (2 Corinthians 9:6–7). In Luke 16:1–13 Jesus tells the parable of the dishonest steward as a way of warning us against poor stewardship. Remember: if you are not trustworthy in handling worldly wealth, then you cannot be trusted with true riches.

BIBLE VERSE

“He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Therefore if you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches? And if you have not been faithful in what is another man’s, who will give you what is your own?”—Luke 16:10–12

6.4 – MANAGING A BUDGET

What do you currently spend money on?

What other sorts of things would you need to pay for in the future when you're an adult?

Which expenses are most important? How do you make sure you set aside enough to pay for them?

If you had to reduce your expenses, what could you do?

BIBLE VERSE

"Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."—Proverbs 3:9–10

6.5 – SHOPPING ON A BUDGET

How do you make good decisions while shopping?

Do you think it's better to buy the best quality item, or the least expensive one? Is your answer different for different kinds of items?

How do you tell the difference between a "need" and a "want"?

What steps would you take before making a big purchase?

BIBLE VERSE

"Be diligent to know the state of your flocks, and attend to your herds; for riches are not forever, nor does a crown endure to all generations."—Proverbs 27:23–24



6.6 – VIRTUE AND PURITY

What does it mean to be virtuous or pure?

Why does God ask us to be virtuous?

Do you believe that you are virtuous? How do others see you?

How should you act toward girls who are struggling with issues in their lives? What should you do to help them?

What is virginity? How does it relate to virtue?

BIBLE VERSE

“As for me, You uphold me in my integrity, and set me before Your face forever.”—Psalm 41:12

6.7 - AM I READY?

You might feel like it's hard to apply biblical teachings to modern topics like dating and relationships. But the Bible offers wisdom for all people, in all times. Ask for the Holy Spirit's guidance as you study these verses and try to understand the godly way to navigate relationships.

- "Do not be deceived: 'Evil company corrupts good habits.'"—1 Corinthians 15:33
- "Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband"—1 Corinthians 7:2
- "Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body."—1 Corinthians 6:18
- "The body is not for sexual immorality but for the Lord, and the Lord for the body."—1 Corinthians 6:13b
- "And He answered and said to them, 'Have you not read that He who made them at the beginning "made them male and female," and said, "For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh"? So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.'"—Matthew 19:4-6.
- "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?"—2 Corinthians 6:14

What is premarital sex?

Why should girls wait to have sex?

How are dating relationships different from family relationships? How are they the same?

What is a healthy dating relationship?

What is a healthy marriage?

BIBLE VERSE

“But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.”—James 3:17



6.8 – RELATIONSHIPS AND ABUSE

What does “abuse” mean?

What is friendship abuse?

What is marital abuse?

When someone grows up with abuse and violence in the family, how might it affect his or her behavior in other relationships?

What would you do if you were in an emotional or abusive relationship (whether with a family member, boyfriend, or friend)?

How would you advise a friend who was in an unhealthy relationship?

CHARACTERISTICS OF HEALTHY DATING RELATIONSHIPS

Honesty and accountability

- Accepting responsibility for yourself
- Admitting when you are wrong

Non-threatening behavior

- Making your partner feel safe through words and actions

Negotiation and fairness

- Trying to find solutions that you both agree with
- Being willing to compromise

Respectful communication

- Not putting each other down, blaming, ridiculing, or name-calling
- Talking to each other in a respectful way
- Listening to each other

Shared responsibility

- Making decisions together
- Working out problems together

Respect

- Listening non-judgmentally
- Valuing opinions even if you disagree
- Accepting each other's feelings
- Treating each other with thoughtfulness and consideration

Trust and support

- Supporting each other's goals
- Allowing each other to make mistakes

Independence and autonomy

- Accepting each other's "separateness"
- Having your own interests and hobbies
- Respecting each other's rights to individual feelings, friends, activities, and opinions



CHARACTERISTICS OF UNHEALTHY DATING RELATIONSHIPS

Emotional abuse

- Putting the other person down
- Making the other person feel bad about himself or herself
- Making the other person think he or she is crazy
- Humiliating the other person
- Making the other person feel guilty
- Minimizing the other person's feelings, words, or behavior

Using social status

- Treating the other person like a servant
- Making all the decisions

Intimidation, threats, and bullying

- Making the other person afraid by using looks, actions, gestures, or destroying property
- Making the other person feel like he or she is always guilty of something
- Becoming angry over small things
- Threatening to hurt the other person
- Threatening to leave or commit suicide

Denying, justifying, minimizing, and blaming

- Denying abuse or falsely saying the other person caused abuse
- Making light of abuse
- Blaming the other person for problems in the relationship

Physical abuse

- Hitting, pushing, shoving, slapping, kicking, or punching
- Physically hurting the person in any way

Sexual bullying

- Manipulating or making threats to get sex
- Getting someone drunk or drugged to get sex
- Pressuring the other person to have sex

Isolation and exclusion

- Controlling what the other person does, who he or she talks to, or where he or she goes
- Pressuring the other person not to be involved in other activities
- Using jealousy to justify actions
- Wanting to be with the other person all the time, at the expense of other relationships or responsibilities

Using peer pressure

- Threatening to tell others personal information
- Spreading rumors

BIBLE VERSE

“So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.”—Ephesians 5:28–29

Module 7

IT'S THE TRUTH SPIRITUALITY AND THE CHURCH

"And you shall know the truth, and
the truth shall make you free."

John 8:32



7.1 - I WANT TO KNOW

Think about subjects you'd like to discuss related to the Bible, your spirituality, or the church, such as:

1. How do I talk about my faith with others?
2. How do I know what Jesus wants me to do with my life?
3. How do I help friends who are making bad decisions?
4. Is it really important to go to church?
5. What happens when a person dies?
6. Is Jesus coming back?
7. Does Jesus really hear me when I pray?
8. How can I be forgiven?

Write more questions:



7.2 – NEGATIVE EMOTIONS

LISTEN

What are some negative emotions?

1. _____
2. _____
3. _____
4. _____
5. _____

Emotions can easily stampede out of control and hurt others, and even ourselves. We must constantly choose to surrender every negative emotion to God's control. When we do, the Holy Spirit empowers that choice, inspires control, and transforms emotional bondage into emotional freedom. While God created us with the incredible capacity for complex emotions, it is our responsibility to control them—instead of allowing them to control us.

STUDY

John 2:13–16

When Jesus saw people desecrating the temple of God, He was furious!

1. Why was Jesus angry?

2. Was Jesus's anger justified? Were his actions justified?

3. What were the people doing in the temple?

4. What was the target of Jesus's anger—the people, or what they were doing?

5. Did anyone get hurt physically?

Jesus was angry! His face was shrouded in pure fury as He contemplated His options. But before Jesus faced the intruders, He stepped aside to braid a whip. Why? Because He was taking the time to harness His emotions. Jesus then used that harnessed anger to drive the moneychangers out of the temple, correcting a wrong.

We choose where to place every bit of emotional energy we possess. Like Jesus, we must learn to place our anger wisely, with healthy emotions trained by godly discipline. Here's a way to think about your emotions: consider every emotional response you have as either a "deposit" into or a "withdrawal" from an imaginary bank account. Emotional deposits are experiences that boost positive, healthy emotions and leave you spiritually or mentally refreshed—like prayer, Bible study, healthy friendships, or being of service in your community. Emotional withdrawals are experiences that increase negative emotions and leave you feeling spiritually or mentally drained—like becoming angry, feeling jealous, holding on to a grudge, or neglecting your spiritual life. Sometimes emotional withdrawals are necessary or justified—as we've learned from Jesus's anger at the disrespect shown to the temple—but all too often, they are simply the result of letting ourselves be ruled by sinful tendencies. Look to the Father for the strength and peace to control your negative emotions—don't let your negative emotions control you.

What are some of your own emotional "deposits" and "withdrawals"?

NOW IT'S YOUR TURN

Here's your challenge: constantly keep an eye on the balance in your "emotional bank account" and make sure you're making more "deposits" than "withdrawals." Try one or more of these exercises at home:

1. Make a list of the top five most common negative emotions in your life. Beside each emotion, write one habit you can place into your life that will enable you to control that emotion.
2. Keep an emotional diary for five days and record any emotional outbursts and the reason behind them. Surrender each emotion to the power of God.
3. Try to remember the last few people you affected with your negative emotions—someone you lost your temper with, someone you were jealous of, or someone you argued with. Apologize to them for letting yourself be controlled by negative emotions, then pray together.

BIBLE VERSE

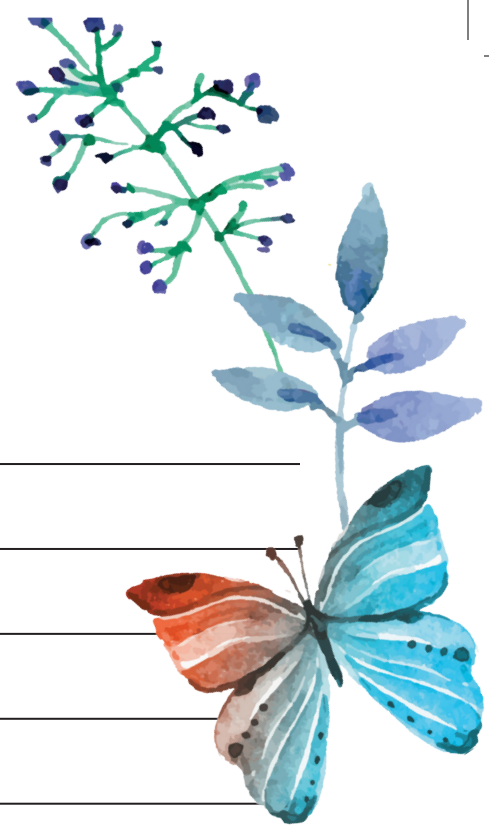
"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city."—Proverbs 16:32

7.3 – HAPPY AND BLESSED

LISTEN

What are the things that make you happy?

1. _____
2. _____
3. _____
4. _____
5. _____



Think about the best day you've ever had. Remember how happy you felt when you adopted the pet you always wanted, when you went on that special outing with your best friend, or when you met your new baby sibling. You can probably remember a dozen happy little details about that day! Now think about your worst day—the day when it seemed like everything was just going wrong. It's difficult to find anything happy to say about *that* day, isn't it? In fact, when we feel sad or angry, it's usually difficult to find anything positive at all. But Jesus tells us that even in our sadness—even on our very worst of days—we can find true, lasting happiness.

STUDY

Matthew 5:1–12

The Beatitudes comprise one of Jesus's most well known sermons—and possibly one of His most confusing!

1. Who are the groups of people Jesus calls "blessed" here?

2. Why would He call them "blessed"?

3. Why should we be glad for persecution?

4. What is the "reward" Jesus promises?

The use of the word “blessed” in this passage may seem confusing. It means fortunate, prosperous, and some Bible translations even use the word “happy.” Try reading the passage again and substituting the word “happy” for “blessed.” When we think of being happy, the things that usually come to mind are positive and joyful—like good times with friends, feeling successful in school, or winning a game. But in this passage Jesus says some things about happiness that might seem totally backwards: Happy about persecution? Happy about mourning? Who would ever be happy about that?

Notice that each verse in Jesus’s sermon has two parts: let’s call them the “people” and the “promises.” When Jesus says about people, “Happy are those who are persecuted,” it’s hard for us to understand that because we haven’t yet looked at the promise. Jesus isn’t telling us to be happy *because* we are persecuted; rather, He’s promising us happiness *despite* that—because “ours is the kingdom of heaven.” Likewise, when He says about people, “Happy are those who mourn,” look to the second part of the verse for the promise: “*because* they shall be comforted.” In other words, we won’t find true happiness in what we do or what happens to us. Both the happiness and the sorrow that come from earthly things are sporadic and fleeting. But happiness that comes from heavenly things—from God—is everlasting.

What are some sources of happiness that come from God?

NOW IT’S YOUR TURN

Here’s your challenge: make a deliberate effort to be less concerned about temporary, earthly sources of discontent and be more mindful of the lasting happiness that comes from God. Try one or more of these exercises at home:

1. Take five minutes before bedtime and think about three ways you can find positivity in your bad experiences. Did you do poorly on an exam? Now you see which areas need improving for next time. Did you have an argument with a friend? Your relationship will be stronger for it after you make up.
2. Read the Beatitudes and think about which group of people you most identify with. Are you poor in spirit? Grieving for a loss? Feeling as if you’re always the peacemaker in someone else’s conflict? Read the second half of that verse—the promise part—and write it down. Display it somewhere you’ll see it every day, and claim that promise next time you feel beat down.
3. Identify one spiritual activity that brings you the most happiness (reading Bible stories, singing hymns, doing acts of service for others, etc.). Resolve to spend five minutes every day doing that activity.

BIBLE VERSE

“Then I will go to the altar of God, to God my exceeding joy.”—Psalm 43:4a

7.4 – GETTING ROOTS

LISTEN

Who are the people you trust most in the world?

1. _____
2. _____
3. _____
4. _____
5. _____



You may have heard at church before, “Don’t trust in earthly things! Trust only in God!” Of course it makes sense that we should place our faith in the all-knowing, all-powerful Creator God. But if we’re supposed to trust only God, then how do we relate to the people around us? Warnings against putting your faith in “earthly things” might make following “heavenly things” sound awfully lonely. Delve deeper into the Bible to discover why your faith in God actually leads you to the most vibrant community you’ll ever find.

STUDY

Jeremiah 17:5–8

Be like the tree—not the shrub!

1. What kind of person is described as “cursed”?

2. What kind of person is described as “blessed”?

3. Describe the characteristics and environment of the shrub

4. Describe the characteristics and environment of the tree

It’s a pretty scary cautionary tale about the dangers of “trusting in man.” But does that mean we should never rely on people? Should we cut ourselves off from others, for fear of placing too much trust in them?

In this passage, two very different kinds of people are described, and they're represented by a tree and a shrub. The shrub is in a desert—an uninhabited place that's lonely and hard to live in, with soil the Bible calls "salt land," which means that it's extremely difficult for any type of plant to take root there. The shrub has found herself all alone here because she chose to place her trust in society, material possessions, and other earthly things, which clearly don't make for solid roots. The tree, on the other hand, is the person who gets her strength from God. Her environment is one where waters flow, where trees put down roots, where leaves reach up to the sun, and where fruit grows all year long. The tree has chosen to be in a place where all kinds of life flourish, and where lots of other healthy trees would grow too. She doesn't sound alone at all!

So this passage isn't telling us to stick our noses in our Bibles and ignore our community, our support network of family and friends, and anyone else around us. Rather, it's warning us that when we rely on people for the strength that we should be getting from God, we will find ourselves exactly where we don't want to be: on shaky ground, alone, and in an environment that's neither friendly nor nurturing. But when we put our roots down in the strength of God's Word, we're choosing to surround ourselves with all the other people who have placed their confidence in the Creator too. When we make the choice to put our trust in God alone, we're not depriving ourselves of a community—we're just choosing to be part of the community that's full of life.

When you choose to actively root yourself in God's Word, who else will you find in your community?

NOW IT'S YOUR TURN

Here's your challenge: put your "roots" into God's Word and choose to be an active member of the community of believers you'll find there. Try one or more of these exercises at home:

1. Do an experiment: avoid talking to other people for one day, and communicate only as necessary. If possible, try physically separating yourself at meals and other times, and reflect on how it feels to be so isolated. Did you gain a new appreciation for your community when you cut yourself off from them? (Make sure you let your friends and family know ahead of time why you're doing this!)
2. Find someone who is lonely, or who doesn't have a support network of family and friends (perhaps an elderly person, or a new girl at school) and do something kind for them.
3. Identify a way you can be more actively involved in your local church. You may volunteer to help with the younger children, participate in music ministry, do administrative work in the church office, or something else. Commit to that service for at least three months.

BIBLE VERSE

"For I long to see you, that I may impart to you some spiritual gift, so that you may be established—that is, that I may be encouraged together with you by the mutual faith both of you and me."—Romans 1:11–12

Module 8

REACHING OUT COMMUNITY SERVICE AND MISSION

"Also I heard the voice of the Lord, saying: 'Whom shall I send, and who will go for Us?' Then I said, 'Here am I! Send me.'"

Isaiah 6:8



8.1 – GOD'S CARE AND CONCERN

The Bible is full of references that support a life of service, and God clearly demonstrates His concern for at-risk populations like widows, orphans, immigrants, the poor, and the elderly. Look up the following Bible verses and use a concordance to find more.

- Luke 4:18–19
- Luke 10:30–37
- Matthew 25:34–46
- Proverbs 19:17

Involvement in the community is a reflection of God's care and concern for the hurting. It puts us in direct contact with people in need. Christ's mission on earth was to restore humankind to full health and a right relationship with God. When we participate in activities that restore humankind we are pointing others to Christ and telling them about His ministry.

While we may find an opportunity to share more about our faith—praying with someone, or giving them a helpful piece of literature—simply demonstrating empathy, humility, and kindness through acts of service is a witness for Jesus and His life of community service. Our simple acts of faithful witness will, over time, introduce people to the healing power of Jesus. We will not know until we get to heaven how many have been influenced to love Jesus through selfless compassion.

BIBLE VERSE

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort."—2 Corinthians 1:3



8.2 – SERVING YOUR COMMUNITY

Service is an important part of Christian living. It ought to be an integral part of your life—not just an occasional activity. But how do you find out the real needs of your community? Here are a few ideas:

1. Invite a community leader to talk about community needs with your group and suggest what you can do to respond to those needs.
2. Prepare a short survey about potential areas of need and visit community leaders to interview them.
3. Collect demographic information from census data, city and county planning offices, local civil society organizations, or other agencies to look for trends that indicate community needs.
4. Conduct walking or driving surveys where you carefully observe characteristics of your community, like the kind and condition of housing, shops, activities, or problems that you see while walking or driving around.
5. Organize a community forum to get people together to talk about what concerns them about their community.

Whatever you do, be sure that adults are involved in every step of the planning. And commit to taking meaningful action. It would be very hurtful to community members to ask them what they need but never show up to provide it.

How can you serve your community?

1. _____
2. _____
3. _____
4. _____
5. _____

BIBLE VERSE

“Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.”—Philippians 2:3–4

Module 9

PRAY WITH ME PRAYER PARTNERS

"Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us."

1 John 5:14



9.1 – PRAYER PARTNERS

Choose a prayer partner from the MSMF group and try enriching your spiritual life by sharing prayer with a friend. Here are some ideas of what you might talk and pray about:

- Discuss a Scripture promise that you both feel strongly about
- Speak about your relationship with God
- Read the Bible together
- Pray for the needs of your families
- Pray for other MSMF members
- Give thanks together for what you're happy about

BIBLE VERSE

"For where two or three are gathered together in My name, I am there in the midst of them."—Matthew 18:20



9.2 – PRAYERS FROM THE HEART

Many of us have a prayer life that seems routine, or not particularly intimate—almost like we’re praying because we know we should, but we’re not thinking about whom we’re talking to. But the Bible tells us that when we pray, *God listens*. “The Lord is near to all who call on him in truth” (Psalm 145:18). The bold requests and stubborn objections seen in the following passages may add a new dimension to prayer that you hadn’t considered before.

Study these passages with your prayer partner. Read the verses in their larger context and start to think about what you can learn from these prayers, and how you can deepen your relationship with God through honest, heartfelt prayer.

BOLD REQUESTS

Our God is all-powerful and all-knowing; there is no task too difficult for Him. You don’t need to feel shy about asking Him for help; just make sure you’re always seeking for His will to be done, not yours. When was the last time you made a really bold request?

- Joshua 10:12
- 1 Kings 17:20–21
- Judges 13:8
- Judges 6:17

What were the incredible—seemingly impossible—requests made in these verses?

How did God answer?



STUBBORN OBJECTIONS

You can probably remember at least one time you talked back to your parents. In a moment of frustration—or even anger—you challenged them or complained about a decision they made. But have you ever spoken that way to God?

- Jeremiah 1:6
- Jeremiah 4:10
- Joshua 7:7–9
- Habakkuk 1:1–4

What emotions were these people feeling when they prayed?

Is it alright to voice our frustration and anger to God?

BIBLE VERSE

“The Lord is near to all who call on him, to all who call on him in truth.”—Psalm 145:18

9.3 – CORPORATE AND INTERCESSORY PRAYER

The Bible is full of prayer. It records more than two hundred actual worded prayers, plus many more references to people praying! We see praises of thanksgiving, outpourings of grief and sorrow, requests for wisdom and guidance, pleadings for forgiveness, and many more. We also see a great diversity in styles of prayer: there are people bowing their head, looking toward heaven, standing up, kneeling, lying down, speaking in front of many people, or praying silently with no audible words at all. It's clear: there are many different ways to pray.

With your prayer partner, take a closer look at two special kinds of prayer: corporate prayer (praying with someone else) and intercessory prayer (praying on behalf of someone else).

CORPORATE PRAYER

- Matthew 18:20
- Acts 2:42
- Joel 1:14
- Acts 4:24, 31

Why should Christians pray together?

Does corporate prayer have a different impact than an individual's prayer?



INTERCESSORY PRAYER

- Acts 12:5
- 2 Corinthians 1:11
- James 5:14–16
- Luke 22:32

Is there any special power associated with intercessory prayer?

Are there any particular circumstances when intercessory prayer is especially needed?

BIBLE VERSE

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”—1 John 5:14

9.4 – PRAYER GROUPS

There are lots of ways Christians pray together:

Some churches use a conference call prayer line. Every morning at a set time, the pastor or prayer group leader picks up the phone and starts a conference call. Members at home then call the number and are connected to the group phone call, where they can hear the pastor and all other group members speaking. They can share their prayer requests and pray aloud, or choose to simply listen and pray silently at home.

Let's Pray is a television program on Hope Channel. Every week, viewers call into the show with their requests while the hosts and viewers at home pray for them. Viewers also connect with each other through the program's Facebook page, where they can offer support and let someone else know they've been praying for them.

Some Christians use their prayer groups to do activities together as well as pray: they meet early in the morning to exercise together, then spend some time in prayer before everyone starts their day.

A really fun and creative idea is a musical prayer group. Members take turns choosing one of the prayer Psalms, or another meaningful prayer from Scripture. Then the group reads it and works together to set it to a tune. They can add musical instruments or just sing together as they meditate on their prayer of worship.

Which kind of prayer group would you like to try?

BIBLE VERSE

"Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."—James 5:16



Module 10

WHO'S FOLLOWING ME? LEADERSHIP DEVELOPMENT

"Whoever desires to become great among you, let him be your servant."

Matthew 20:26



10.1 – ROLE MODELS

Someone is always watching what you do or say, examining your words, actions, and decisions. Your decisions and attitude influence others.

WHO IS A ROLE MODEL?

A role model is an individual who serves as a model for another individual to imitate, such as a parent, mentor, celebrity, or even a friend. They may be a positive role model or a negative role model.

Make sure you know how to identify negative role models and watch out for how they may influence bad behavior.

A. Who are your role models and why?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

B. Do these people affect your values and decisions? How?

- 1. _____

- 2. _____

- 3. _____

- 4. _____



C. Do any of your current role models expose you to negative behavior? (Such as lying, causing trouble, doing drugs, disrespecting themselves and others, stealing, using profanity, dressing inappropriately, etc.)

If so, why do you admire them? Would you consider removing them from your life and replacing them with positive influences?

D. How does the media influence your choice of role models?

1. Music _____

2. Magazines _____

3. TV _____

4. Movies _____

5. Advertisements _____

E. Who sees you as their role model? Are you a positive or negative influence? How do you feel knowing you are a role model to others?

BIBLE VERSE

“Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.”—1 Timothy 4:12

10.2 – TEAM PLAYER

A “team player” is a person who works well with others, cooperating for the good of the group instead of acting in self-interest.

Always reliable. A great team player is reliable every day, not just some of the time. You can count on her to keep her word and provide help in any way she can.

Communicates with competence. She respects the views and opinions of others on the team.

Does more than she is asked. She takes on more responsibilities. Using extra initiative sets her apart from others on the team.

Adapts quickly and easily. She doesn’t complain or get easily stressed. She’s flexible in difficult situations.

Displays genuine commitment. She’s happy playing any role she has and takes the time to make positive relationships with other team members. She also displays a genuine passion and commitment toward her team.

Takes the initiative. She gets things done without waiting to be asked.

Are you a team player?

What is God’s attitude about being a team player?

BIBLE VERSES

“Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus.”—Romans 15:5

“And let us consider one another in order to stir up love and good works.”—Hebrews 10:24

“As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.”—1 Peter 4:10

10.3 – LEADERS OF THE BIBLE

The Bible is full of incredible leaders. We can learn a lot from them! Read about a few biblical leaders below, and use your Bible to find out more about them.

Moses

He could have had a huge ego, but the Bible tells us that wasn't the case at all. Moses was brought into Pharaoh's household when he was just a child, and received the very best education and leadership training available (Acts 7:22). Yet Moses is described as the most humble man in the world (Numbers 12:3). Sometimes he was so humble that he started to doubt himself! (Exodus 6:12). But Moses understood that a truly great leader isn't the one who tries to do all the work himself anyway, and when leading the people of Israel to cross the Red Sea with Pharaoh's army approaching fast, Moses knew that all he had to do was stay calm and let God take control (Exodus 14:13).

What leadership lessons can you learn from Moses?

Deborah

Her resume was really impressive! Deborah was a judge, which means the people of Israel would seek her judgment on civil disputes and other matters. As far as the Bible tells us, she was the only female judge in Israel. Deborah was also a prophetess, so people looked to her for spiritual leadership too. And we also know she was married; her husband's name was Lapidoth (Judges 4:4-5). God spoke through Deborah to instruct Israel's military leaders (Judges 4:6-7) and she even accompanied their general into battle (Judges 4:8-9), giving him the signal to strike (Judges 4:14). After the victory, Deborah sang praises to God for His protection and guidance (Judges 5).

What leadership lessons can you learn from Deborah?

Peter

His life was full of ups and downs. Peter was one of Jesus’s first disciples, and the one whom the Bible talks about most often. Peter was clearly very close to the Savior, as he was one of the few people with Him on some very special occasions (Matthew 26:37; Matthew 17:1). We very often see him speaking to Jesus—to seek more information, or to ask a question on behalf of his fellow disciples (Matthew 15:15, Matthew 19:27; Luke 12:41). Peter was known for being impulsive and strong-willed, and for making some really bad decisions (Matthew 26:70–74; John 18:10). But he was also enthusiastic and resilient, and we remember him for his great contributions to the early church (Matthew 16:18–19; Acts 2:14–47).

What leadership lessons can you learn from Peter?

BIBLE VERSE

“Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct.”—Hebrews 13:7



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